

Measure-Olympics

Teacher Instructions

These events should be set up with enough space for teams to move around.

Rotate children in teams (countries) around the events.

Choose which events to use if not all of them are appropriate (use the editable results page).

You will need:

- Printed copies of the signs/instructions for each event
- Printed copies of the results sheet – 1 per child
- The equipment for each activity (below)

Equipment:

Archery

- 'Arrows' darts (how to make a paper aeroplane instructions included)
- Grid paper - one per child (included)
- Ruler
- Pens/pencils

Badminton

- Paper balls (screwed up paper)
- Stop watch or timer

Basketball

- Paper balls
- Basketball goal (rubbish bin or container)
- Stop watch or minute timer

Canoeing

- Tinfoil
- Marbles
- Water in a tray
- Scales

Discus

- Paper plates
- Tape measures

Diving

- Cardboard diver (included)
- Paperclips
- Large measuring cylinder filled with water

Gymnastics

- Stop watches

High Jump

- A white board – free standing
- White board markers
- Metre rulers

Hockey

- Ice block sticks (for hockey sticks)
- Coins (pucks)
- Goal – marked out on a table with tape
- Stop watches or minute timers

Javelin

- Straws
- Tape measures

Football

- Paper football player cutouts (included)
- Paper balls
- Tape measures

Weightlifting

- Milk bottle filled with water
- Stop watch or timer